WOMEN EMPOWERED®

15 Classes	20 Essential Techniques
1	**Combat Base (3 Variations)** (GU 1)* **Trap & Roll Escapes (1 & 2)** (GU 4) **(Standard | Hair Grab)**
2	**Standard Wrist Releases (3 Variations)** (GU 2) **Trap & Roll Escapes (3, 4 & 5)** (GU 4) **(Punch Block | Wrist Pin | Spread Hand)**
3	**Front Choke Defenses (3 Variations)** (GU 5) **Guard Get-ups (1 & 2)** (GU 8) **(Standard | False Surrender)**
4	**Inverted Wrist Releases (4 Variations)** (GU 3) **Guard Get-ups (3 & 4)** (GU 9) **(Rider | Heavy Chest)**
5	**Super Slap** (GU 6) **Guard Get-ups (5 & 6)** (GU 9) **(Choke | Wrist Pin)**
6	**Stop-Block-Frame (3 Variations)** (GU 10) **Punch Defense** (GU 11) **(Clinch Entry)**
7	**Punch Block Series** (GU 7) **(Stages 1-5)**
RD	**Standing Reflex Development** All standing techniques practiced in combination with one another.
8	**Elbow Escape** (GU 14) **(Standard | Heel Drag | Face Down)** **Guillotine Choke (Guard)** (GU 12)
9	**Rear Choke Defenses (2 Variations)** (GU 17) **Drag Defenses** (GU 19) **(Wrist Drag | Ankle Drag)**
10	**Rear Bear Hug Defenses (2 Variations)** (GU 17) **Guillotine Choke** (GU 16) **(Standing | Guard Pull)**
11	**Hair Grab Defenses** (GU 13) **(Standing | Guard | Guard Pull | Hair Drag)**
12	**Weapon Defenses** (GU 18) **(Straight Armlock | Kimura Armlock)**
13	**Shrimp Escape** (GU 15) **(Block & Shoot | Shrimp & Shoot | Rider)** **Shirt Choke** (GU 12)
14	**Advanced Guard Get-ups (7, 8 & 9)** (GU 20) **(Direct Get-up | Knee Shield | Power Frame)**
15	**Rear Naked Choke** (GU 16) **Triangle Choke** (GU 12) **(Giant Killer | Stage 3)**
RD	**Ground Reflex Development** All ground techniques practiced in combination with one another.

***Parenthesis indicate corresponding video lesson number on GracieUniversity.com**

Sep - Oct 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sep 21	22	23 **5:30p – 6:30p** **Class 14 (Bring a Friend!)**	24	25	26 **9:00a – 10:45a** **Class 15 (Bring a Friend!)**	27
28	29	30 **5:30p – 6:30p** **Standing Reflex Development**	**Oct 1**	2	3 **9:00a – 10:45a** **Class 1 (Bring a Friend!)**	4
5	6	7 **5:30p – 6:30p** **Class 2 (Bring a Friend!)**	8	9	10 **9:00a – 10:45a** **Class 3 (Bring a Friend!)**	11
12	13	14 **5:30p – 6:30p** **Class 4 (Bring a Friend!)**	15	16	17 **9:00a – 10:45a** **Class 5 (Bring a Friend!)**	18
19	20	21 **5:30p – 6:30p** **Class 6 (Bring a Friend!)**	22	23	24 **9:00a – 10:45a** **Class 7 (Bring a Friend!)**	25
26	27	28 **5:30p – 6:30p** **Ground Reflex Development (Survival)**	29	30	31 **9:00a – 10:45a** **Class 8 (Bring a Friend!)**	**Nov 1**

Total Empowerment in 20 Lessons!

The *Women Empowered* program features 20 time-tested techniques that were developed to counter the most common types of assaults on women. The 20 techniques have been strategically divided into 15 one-hour classes. No experience is necessary, and the 20 lessons can be completed in any order.

Reflex Development Class (RD Class)

In RD classes, students who have attended all 15 classes (at least once) will learn how to apply the techniques in combination to develop essential reflexes for self-defense. Those who have not yet attended all 15 classes will spend this class reviewing past techniques.

Log-on & Learn Faster!

As a student of the *Women Empowered* program, you qualify for a free subscription to GracieUniversity.com, so you can watch your lessons from any computer or mobile device. You also get access our free GymDesk mobile app that allows you to track attendance on your "digital attendance card" and get 60-second class preview videos so you know what you'll be learning in each class! If you have trouble accessing these benefits, please speak to a student services representative.

Pink Belt Qualification Test

Once you've completed all 20 lessons at least four times, and you're confident in the execution of every technique, you qualify to take the Pink Belt Qualification test. To watch a complete demo of the test, please visit the Testing Center at GracieUniversity.com.

Bring a Friend to Class!

If you love the Women Empowered classes, invite your friends and family to try one with you. We won't charge them for the class, and we'll make sure they have a great time. If they live within 10 miles of our school, we'll hook you up with a free Gracie t-shirt just for helping us spread the word! See front desk for details.

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